

DISTRICT OF COLUMBIA OFFICE ON AGING NEWS



Spotlight on Community Living

Wednesday, April 8, 2015

Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers

Vol 3, No 6



Executive Director's Message

John M. Thompson, Ph.D., CPM, FAAMA, D.C. Office on Aging

In this edition of the *Spotlight on Community Living*, I would like to highlight an event that is near and dear to my heart, the senior symposium. On May 13, 2015, the District of Columbia Office on Aging will host the Fourth Annual Mayor's Senior Symposium at the Renaissance Hotel. As in years past, this one-day insightful symposium is

your golden opportunity to gain information on diverse topics covered at interactive workshops and during a lunch time plenary session. We will also have an exhibitor hall that will concentrate on technology, home and community-based services, government services, and financial institutions that will provide demonstrations and beneficial information.

The theme for this year's senior symposium is Career-to-Golden Years: Promoting Longevity and Independence for Seniors, which is very fitting as DCOA serves working adults caring for a grandparent to those citizens who are productive, engaged, and enjoying their golden years to seniors who may not be as mobile and are dependent on home and

community-based services and supports to sustain a quality of life. For those symposium attendees who are focused on planning for a successful future, we will have workshops covering healthy living, financial planning, and estate planning. We will also host educational workshops on long-term services and supports, long-term care insurance, Medicare, Medicaid, innovative practices in senior service delivery, care-

giver support, and palliative and end of life care. Other workshops will cover elder abuse, neglect, and exploitation; Age-Friendly D.C.; emergency preparedness; intergenerational programming; cultural sensitivity and seniors; and a film screening chronicling the lives of three vibrant gay seniors.

To attend this year's senior symposium, register through Eventbrite or contact the Office on Aging at 202-724-5622.



COMMUNITY EVENTS CALENDAR

MARCH EVENTS

8th • 10 a.m. to 2 p.m.

The District of Columbia Office on Aging in conjunction with the Department of Parks and Recreation and Senior Zone 1340 AM will present a Community Health, Wellness and Informational Fair at the Emery Recreation Center, 5801 Georgia Ave. NW. For more information, contact Mark Bjorge at 202-374-9890.

9th • 10 a.m. to noon

Join the Ward 4 Mini Commission on Aging at its monthly meeting held at the Fourth District Police Precinct, 6001 Georgia Ave. NW.

9th, 16th, 23rd, and 30th • 2 to 4 p.m.

Iona's Take Charge/Age Well Academy presents its "What, Me Move?" class series, which offers participants help in understanding how to keep their housing affordable. The four-week course will present the options and supports available to older adults in the D.C. metropolitan

area, as well as navigating current equity and understanding legal rights and opportunities. The fee is \$90; however there are scholarships available upon request. Refreshments will be served. For registration and questions, please email community@iona.org or call the office at (202) 895-9420. Iona is located at 4125 Albemarle St. NW

13th • 1:30 p.m.

Dr. Thomas Obesisan will present information on Alzheimer's disease and give memory screenings at the Model Cities Senior Wellness Center, 1901 Everts St. NE. For more information, call 202-635-1900.

14th and 28th • 12 p.m.

The D.C. Caregivers Online Chat at Noon is held bi-weekly to provide caregivers with assistance through an online forum. Log on for advice, resources and tips to assist you with your caregiving responsibilities. If you are not available at 12 p.m., check back at your convenience and hit replay to see the entire chat. Join the discussion at www.dcoa.dc.gov/

page/caregiver-chat. For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

14th • 10 a.m.

The D.C. Office on Aging (DCOA) Ambassador Program is a free, interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, join the next Ambassador Training Workshop to learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. All workshops include an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. Call 202-724-5622 to register today.

15th • 10:30 a.m.

There will be a Ward 5 Mini Commissioner's meeting at Seabury Resources for Aging, at 2900 Newton St. NE. For more information, contact Thelma Hines at 202-529-8701 extension 222.

15th • 1 p.m.

Dr. Thomas Obesisan will present information on Alzheimer's disease and give memory

screenings at Congress Heights Senior Wellness Center, 3500 Martin Luther King Jr. Ave. SE. To learn more, call 202-563-7225.

18th • 9 a.m. to 4 p.m.

The D.C. Office of the People's Counsel presents Horizons 2015: Uniting Energy, Technology & Consumers. It will be held at the University of the District of Columbia David A. Clark Law School, 4340 Connecticut Ave. NW. The event is free and open to the public. To register, see Horizons2015.net

18th • 11 a.m. to 2 p.m.

The Capital City Chapter of the Links, Inc. will hold its annual Senior Luncheon at Dunbar Senior High School, 1200 First St. NW. Email deborah-royster@yahoo.com to learn more.

25th • 10 a.m. to 2 p.m.

Attend the Ebenezer Baptist Church Community Health Fair, 46 Q St. NW. Contact Connie Summers at 301-758-0554 for more information.

SAVE THE DATE

Mayor Muriel Bowser and the D.C. Office on Aging invite you to the

FOURTH ANNUAL SENIOR SYMPOSIUM



Career-to-Golden Years

Promoting Longevity and Independence for Seniors

Wednesday, May 13, 2015
8 a.m. - 4:30 p.m.
Renaissance DC Downtown Hotel
999 9th Street, NW | Washington, DC 20001

Join us to address issues impacting seniors, persons living with disabilities and family caregivers. The event is free. Invitation information will be available soon.

For transportation, call (202) 724-5622.
To request exhibitor space, call (703) 683-7712.





